

LA FEMME DANS L'OMBRE (Lady in the Shadow)

Music: Tol & Tol
<https://www.amazon.in/Hollands-Goud-Tol/dp/B000UFBV08>
Track # 13 Time 3:52 Available from choreographer

Rhythm: Slow Two Step Phase: IV + 1 (Riff Trn)
+ 2U (Trn Into Romantic Sways + W Pass By)

Footwork: Opposite except where (Noted)

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Sequence: INTRO AA BC ABC BC C END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; LUNGE BASICS w/ ARMS ; ;

{Wait} Bfly Pos Wall Id ft free wt 2 meas ; ; {Lunge Basic w/ Arms x 2} Sd L to fc ptr extg Id arm to sd, -, rec R, XLif (W XRif) ; Sd R extg trl arm to sd, -, rec L, XRif (W XLif) to BFLY WALL ;

PART A

01-04 STROLLING VINE & INSIDE ROLL ; ; STROLLING VINE & OUTSIDE ROLL to CP ; ;

{Strollg Vine & Insd Roll} [SS;SQQ] Sd L, -, XRib, (W sd R, -, XLif), -; Sd & fwd L trng LF raisg Id hnds, -, fwd R, XLif (W fwd R across LOD trng LF, -, roll LF under Id hnds L, R to fc ptr) to fc COH ; {Strollg Vine & Outsd Roll} [SS;SQQ] Sd R, -, XLib L (W sd L, -, XRif), -; Sd & fwd R trng RF raisg Id hnds, -, fwd L, XRif to ½ OP (W fwd L across LOD trng RF, -, roll RF under Id hnds R, L) to CP WALL ;

05-08 TWISTY VINE 3 ; MANUVER & PIVOT 2 to WALL ; TWISTY VINE 3 ; MANUVER PIVOT to WALL ;

{Twisty Vine 3} Trng RF sd L to fc, -, XRib to Scar DRW, trng LF sd & fwd L to BJO DLW to Manvrg ; {Manuver & Pivot 2 to Wall} Fwd R trng RF ifo W to CP DRW, -, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL ; Repeat meas 5,6 to BFLY WALL ; ;

09-11 TURN INTO ROMANTIC SWAYS ; ; RIFF TURN ;

{Trn Into Romantic Sways} Rel Id hnds Sd L & swiv LF (W RF) to bk-to-bk sweep Id hnds up & around to end stretched out to sd at shldr level, -, hip rk sd R, hip rk rec L ; Sd R and swiv RF (W LF) to fc bring Id hds btwn ptrs to lead hip, -, hip rk sd L, hip rk cl R to Low Bfly WALL ; {Riff Trn} [QQQQ] Sd L raisg jnd Id hnds to lead W spin RF, cl R, sd L keepg jnd Id hnds above W's head, cl R (W sd & fwd R comm RF spin under Id hnds, cl L compg one full spin RF to fc ptr, sd & fwd R comm RF spin, cl L compg one full spin RF to fc ptr) to CP WALL [2^{de} & 3^{the} Time: to BFLY WALL] ;

PART B

01-04 UNDERARM TURN ; OP BASIC ENDING ; TWO SWITCHES Manvrg ; ;

{Underarm Trn} Sd L raisg jnd Id hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd Id hnds, -, XLif cont RF trn ½, rec R compg full trn) to BFLY WALL ; {OP Basic Endg} Sd R trng to ½ LF rlsng Id hnds OP LOD, -, XLib (XRib) rec R to ½ OP LOD ; {Switches x 2} Sd L Xg ifo W to L ½ OP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R manvrg ifo M) ; Fwd R, -, fwd L, fwd R manvrg ifo W (W sd L Xg ifo M to ½ OP, fwd R, fwd L) to ½ OP LOD & Manvrg ;

05-08 M IN FRONT to BACK CROSS CHASSE ; W PASS BY ; TRAVELING CROSS CHASSE TWO TIMES to WALL ; ;

{M In Front to Bk Traveling X-Chasse} Fwd L Xg ifo W trng RF to fc ptr & join both hnds low, -, cont slight RF trn sd & bk R twd DLC, XLif (W fwd R, -, trng slightly RF sd & fwd L twd DLC, XRif) to end Fcg M fcg DRC ; {Lady Pass By} Trng LF small bk R LOD leadg W to pass by, -, cont LF trn sd & fwd L, XRif (W trng LF fwd L LOD, -, fwd & sd R cont LF trn, XLif) to end Fcg M fcg DLW hands still jnd low ; {Trav X-Chasse x 2 to WALL} Trng LF fwd L twd DLC, -, w/ rt shldr Id sd & fwd R twd DLC, XLif (W XRif) ; Fwd R trng slightly RF, -, sd & fwd L, XRif to fc WALL (W bk L trng slightly RF, -, sd & bk R, XLif) to BFLY WALL ;

PART C

01-04 DBL HNDHLD UNDERARM TURN ; STACKED HANDS OP BREAK ; CHANGE SIDES/W UNDERARM ; BASIC ENDING to Pickup ;

{Dbl Hndhld Undrm Trn} [With both hnds jnd above lady's head] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L Stacked lft-over-rt hnds (*W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hnds lft-over-rt*) fcg ptr to WALL ; **{Stacked Hnds OP Break}** With stacked hnds Sd R, -, rk apt L, rec R to rt sd of W ; **{Change Sides /W Underarm}** Fwd L to WALL chg sds CW lead W trn under stacked hnds, -, sd R, XLif (*W fwd R to COH LF trn under stacked hnds chg sds, -, sd L, XRif*) to BFLY COH ; **{Basic Ending to Pickg Up}** Sd R, -, XLib, rec R (*W sd L, -, XRib, rec L*) to BFLY COH & Pickup ;

05-08 LEFT TURN ; REVERSE UNDERARM TURN ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{Left Trn} Fwd L comm LF trn, -, sd R compg $\frac{1}{4}$ LF trn, XLif (*W bk R comm LF trn, -, sd L trng LF, contg LF trn sd R*) to BFLY WALL ; **{Reverse Undrm Trn}** Relg trl hnds sd R raisg jnd ld hnds palm-to palm, -, XLif, rec R (*W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn $\frac{1}{2}$, rec L compg full trn*) to BFLY WALL ; **{Fence Line w/Armsweep x 2}** Sd L, -, [circg trl arm full CCW (*W circ trl arm full CW*)] XRif(*W XLif*) on soft knee, rec L ; Sd R, -, [circg trl arm full CW (*W circ ld arm full CCW*)] XLif (*W XRif*) on soft knee, rec R to BFLY WALL ;

ENDING

01-04 LUNGE BASIC w/ ARMS TWICE ; ; AIDA PREPARATION ; AIDA LINE & EXTEND ARMS ;

{Lunge Basic w/ Arms x 2} Repeat meas 3,4 Intro ; ; **{Preparation to Aida}** Sd & fwd L swiv to $\frac{1}{2}$ OP LOD, -, thru R swiv to fcg ptr, cl L ; **{Aida Line & Extend Arms}** Bk R w/ RF trn to V-bk-to-bk pos RLOD extendg free arms up & out ;